

RESEARCH ARTICLE

Source: Kim, C., Junes, K., & Song, R. (2003). Effects of a health-promotion program on cardiovascular risk factors, health behaviors, and life satisfaction in institutionalized elderly women. *International Journal of Nursing Studies*, 40(4), 375-81.

Introduction

Kim, Junes, and Song (2003) conducted a quasi-experimental study with a one group pretest-posttest design. "A convenient sample of 21 elderly women was recruited from a home for elderly people." (Kim et al., 2000, p. 376). The purpose of the study was to determine the health benefits of a 3-month health-promotion program for institutionalized elderly women on cardiovascular risk factors,

health behaviors, and life satisfaction. These researchers found the following positive effects from the program: reductions in total risk score, improved health behaviors, and improved life satisfaction. However, Kim et al. (2003) noted a decrease in these positive effects 3 months after the completion of the health-promotion program.

Relevant Study Results

A total of 25 women were enrolled in the health-promotion program and 21 subjects completed the program with three sets of outcome assessments at pretest, 3 months, and 6 months. The mean age of the subjects was 77 years, and 90% of them had been diagnosed with one or more chronic diseases. The significance level of the study was set at $\alpha = 0.05$. The results from the study are presented in the two tables that follow. Table 2 describes the health-promotion program's effects on cardiovascular risk factors, and Table 3 describes the effects on health behaviors. The third dependent variable of this study was life satisfaction, which was significantly improved from pretest to the end of the health-promotion program at 3 months and at 6 months follow-up.

TABLE 2 ■ Program Effects on Cardiovascular Risk Factors

| Variable | PRETEST | 3 MONTHS | Paired t^a | 6 MONTHS | Paired t^b |
|------------------|--------------|--------------|--------------|--------------|--------------|
| | M (SD) | M (SD) | | M (SD) | |
| Total risk score | 20.1 (4.5) | 16.8 (3.2) | 4.14* | 18.1 (4.0) | 2.56* |
| Cholesterol | 200.2 (29.1) | 189.6 (25.3) | 2.03* | 192.7 (22.1) | 1.73 |
| Triglyceride | 164.2 (42.0) | 150.4 (44.1) | 2.58* | 142.9 (53.5) | 2.20* |
| BMI | 22.7 (3.0) | 22.1 (3.0) | 3.44* | 22.9 (3.0) | -0.80 |
| Systolic BP | 121.7 (14.6) | 117.2 (12.3) | 1.57 | 115.6 (13.4) | 1.66 |

BMI (body mass index), BP (blood pressure)

* $p < 0.05$.

^a Paired t -test results between the pretest and 3-month measures.

^b Paired t -test results between the pretest and 6-month measures.

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TABLE 3 ■ Program Effects on Health Behaviour

| Variable | PRETEST | 3 MONTHS | Paired t^a | 6 MONTHS | Paired t^b |
|-----------------------|------------|------------|--------------|------------|--------------|
| | M (SD) | M (SD) | | M (SD) | |
| Total health behavior | 66.3 (8.1) | 69.7 (5.0) | -3.02* | 68.1 (5.1) | -1.34 |
| Health responsibility | 2.19 (0.5) | 2.13 (0.3) | 1.03 | 2.29 (0.3) | -1.39 |
| Exercise | 1.88 (0.3) | 2.58 (0.3) | -7.75* | 2.29 (0.4) | -3.93* |
| Diet behavior | 3.41 (0.3) | 3.47 (0.2) | -0.93 | 3.26 (0.3) | 2.00 |
| Stress management | 2.39 (0.4) | 2.44 (0.3) | -0.65 | 2.45 (0.3) | -0.70 |
| Smoking behavior | 2.85 (0.8) | 2.92 (0.8) | -1.45 | 3.01 (0.7) | -0.96 |

* $p < 0.05$.

^a Paired t -test results between the pretest and 3-month measures.

^b Paired t -test results between the pretest and 6-month measures.

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